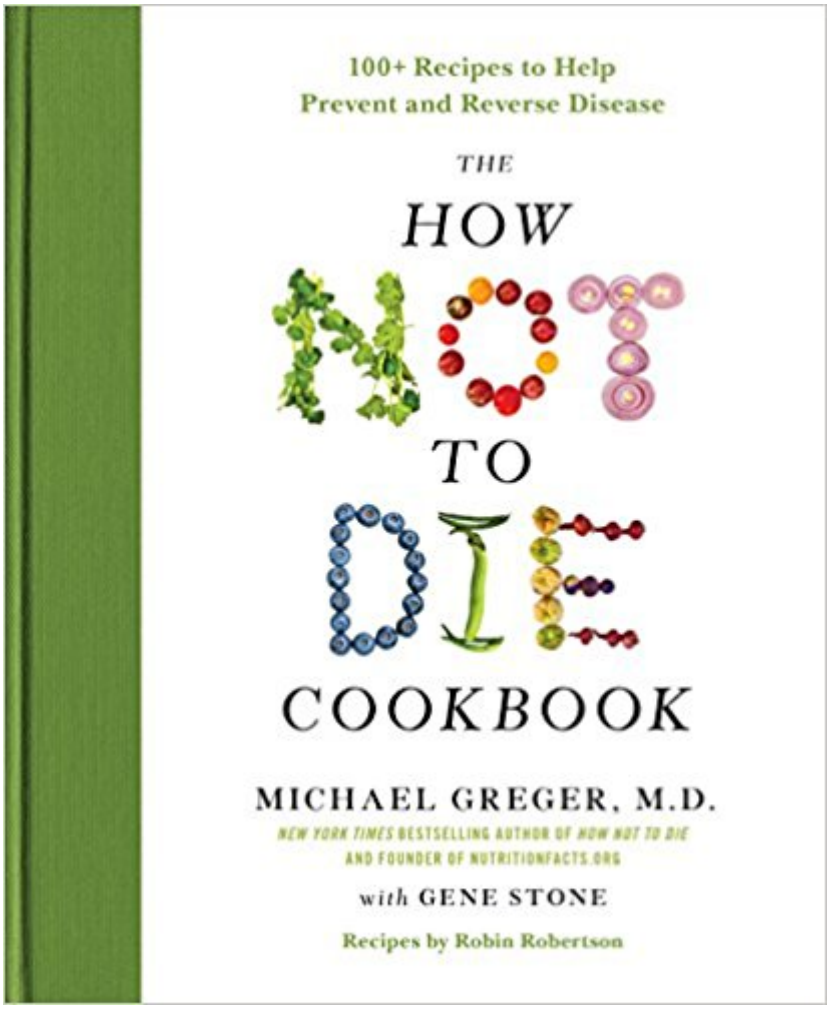
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The How Not To Die Cookbook: 100+ Recipes To Help Prevent And Reverse Disease



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Synopsis

From Michael Greger, M.D., FACLM, the physician behind the trusted and wildly popular website Nutritionfacts.org, and author of the New York Times bestselling book How Not to Die, comes a beautifully-designed, comprehensive cookbook complete with more than 120 recipes for delicious, life-saving, plant-based meals, snacks, and beverages.Dr. Michael GregerÃ¢â ¬â„¢s first traditionally published book, How Not to Die, presented the scientific evidence behind the only diet that can prevent and reverse many of the causes of premature death and disability. Now, The How Not to Die Cookbook puts that science into action. From Superfood Breakfast Bites to Spaghetti Squash Puttanesca to Two-Berry Pie with Pecan-Sunflower Crust, every recipe in The How Not to Die Cookbook offers a delectable, easy-to-prepare, plant-based dish to help anyone eat their way to better health.Rooted in the latest nutrition science, these easy-to-follow, stunningly photographed recipes will appeal to anyone looking to live a longer, healthier life. Featuring Dr. GregerÃ¢â ¬â„¢s Daily DozenÃ¢â ¬â ¢the best ingredients to add years to your lifeÃ¢â ¬â ¢The How Not to Die Cookbook is destined to become an essential tool in healthy kitchens everywhere.

Book Information

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Customer Reviews

Michael Greger, M.D.,FACLM, is a physician, author, and internationally recognized speaker on a number of important public health issues. He is the author of the New York Times bestseller, How Not to Die and he runs NutritionFacts.org, the first science-based, non-commercial website to provide free daily videos and articles on the latest discoveries in nutrition.Gene Stone has written many books on animal protection and plant-based nutrition, including the #1 New York Times bestseller, Forks Over Knives. He has also co-written the bestsellers How Not to Die, The Engine 2

Diet and Living the Farm Sanctuary Life.Robin Robertson has developed recipes for and written more than twenty cookbooks, including Vegan on the Cheap, 1,000 Vegan Recipes, Quick Fix Vegan, and Fresh from the Vegan Slow Cooker. Before becoming a cookbook expert, she was a restaurant chef and cooking teacher. She is also the writer of Ã¢â ¬Å“The Global VeganÃ¢â ¬Â• column for VegNews Magazine.

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